

Running Information

This is a new form for 2009 where we are collecting some additional information so we can be sure your child gets the most out of the week at camp.

Average Summer Weekly Mileage: _____

Longest run: _____

5k goal time (this cross country season) : _____

Best 5k time: _____ Where? _____ When? _____

What do you hope to get out of your week at Blue Mountain Cross Country Camp?
